

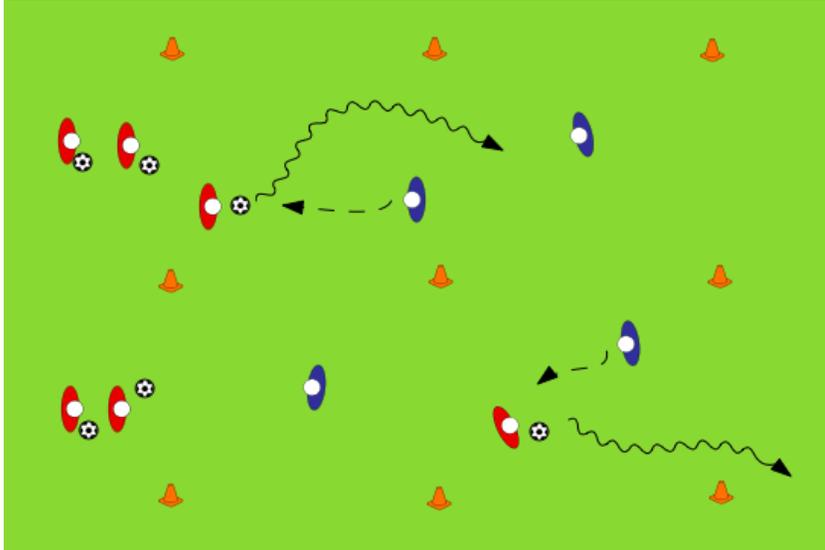


# UK International Soccer

## WEST SEATTLE SOCCER MASTER COACH PROGRAM WEEK 4



### DRILL 1: RUN THE GAUNLET



#### ORGANIZATION:

SET OUT AN AREA 10 X 30 YARDS, DIVIDED INTO 3 SECTIONS, WITH A SMALL GOAL AT THE END. THE ATTACKERS ATTEMPT TO DRIBBLE AROUND 1/2 DEFENDERS AND THEN SCORE IN THE GOAL. (ADAPT NUMBER OF DEFENDERS ON THE PLAYERS LEVEL). THE DEFENDERS ARE POSITIONED ALONG THE BACK LINE OF THE GRIDS. THE DEFENDERS ARE ONLY ALLOWED TO MOVE SIDWAYS (BETWEEN THE CONES) AND CANNOT MOVE FORWARDS. THE ATTACKERS RECEIVE POINTS DEPENDING ON HOW SUCCESSFUL THEY ARE - 1 POINT FOR EACH DEFENDER THEY BEAT AND 1 POINT FOR SCORING A GOAL. KEEPING THE SCORES WILL INCREASE THE LEVEL OF COMPETITION AND ENCOURAGE A POSITIVE ATTITUDE TOWARDS GOAL. REMEMBER TO ROTATE THE DEFENDERS.

#### COACHING POINTS:

- 1: KEEP HEAD UP TO SEE WHERE THE DEFENDER IS.
- 2: CLOSE CONTROL WHEN APPROACHING DEFENDER.
- 3: USE A BOTH FEET, INSIDE, OUTSIDE AND LACES TO MOVE WITH THE BALL.
- 4: POSITIVE ATTITUDE TO BEAT THE DEFENDER. TELL THE PLAYERS TO RUN FAST TO GET PAST THEM.

### DRILL 2: ROBIN HOOD



#### ORGANIZATION:

SET OUT A 30X30 PLAYING AREA, WITH A BOX IN EACH CORNER OF THE GRID AND PUT ALL SOCCER BALLS IN THE MIDDLE. HAVE 2 PLAYERS IN EACH BOX. THE PLAYERS MUST RUN TO THE MIDDLE AND DRIBBLE A SOCCER BALL BACK TO THEIR SQUARE, THEN GO GET ANOTHER AS SOON AS THE BALL IS PLACED INSIDE THE SQUARE. PLAYERS ARE ONLY ALLOWED TO DRIBBLE ONE SOCCER BALL AT A TIME. WHEN NO BALLS ARE LEFT, WHOEVER HAS THE MOST IN THEIR SQUARE IS THE WINNER. AFTER A FEW TURNS, THE GAME CAN BE PROGRESSED, WHEN NO SOCCER BALLS ARE LEFT IN THE MIDDLE, PLAYERS CAN STEAL FROM OTHER SQUARES.

#### COACHING POINTS:

1. KEEP THE BALL CLOSE TO THEM AND REACT QUICKLY ON WHISTLE
2. KEEP HEAD UP AS OFTEN AS POSSIBLE
3. ENCOURAGE PLAYERS TO USE BOTH FEET AND DIFFERENT SURFACES OF THE FOOT
4. DRIBBLE AT SPEED
5. PULL BACK TURN